

## ABSTRACT

A shoulder- and/or neck-holder, seat-belt, seat and sets of vibration-dampening energy-absorbers are integrated into an energy-absorbing, vibration-dampening safety-seat in order  
5 to restrain the shoulders and/or neck of a belted passenger, dampen vibrations and gradually absorb subenergies, resulting from a subdivision of the total energy, just below the respective injury-irrelevant threshold-values in any real-world accident of a transport-system, submarining or during in-flight turbulence. The conversion of an adult-seat into a child-seat or a baby-cot or vice-versa is simple. A rotatable device makes the holder easy to  
10 use.

Neck- and/or shoulder-shaped, height-, width-adjustable holders and/or neck- and/or shoulder-shaped energy absorbers, attached thereto, ensure complete restraint of the shoulders and necks of passengers with different weights and body-proportions.

For the convenience of the passenger or in cases of emergency all latch-plates are  
15 disengaged from the buckle-assemblies and/or the rotatable holder is repositioned to the resting position on depression of a master release-button.